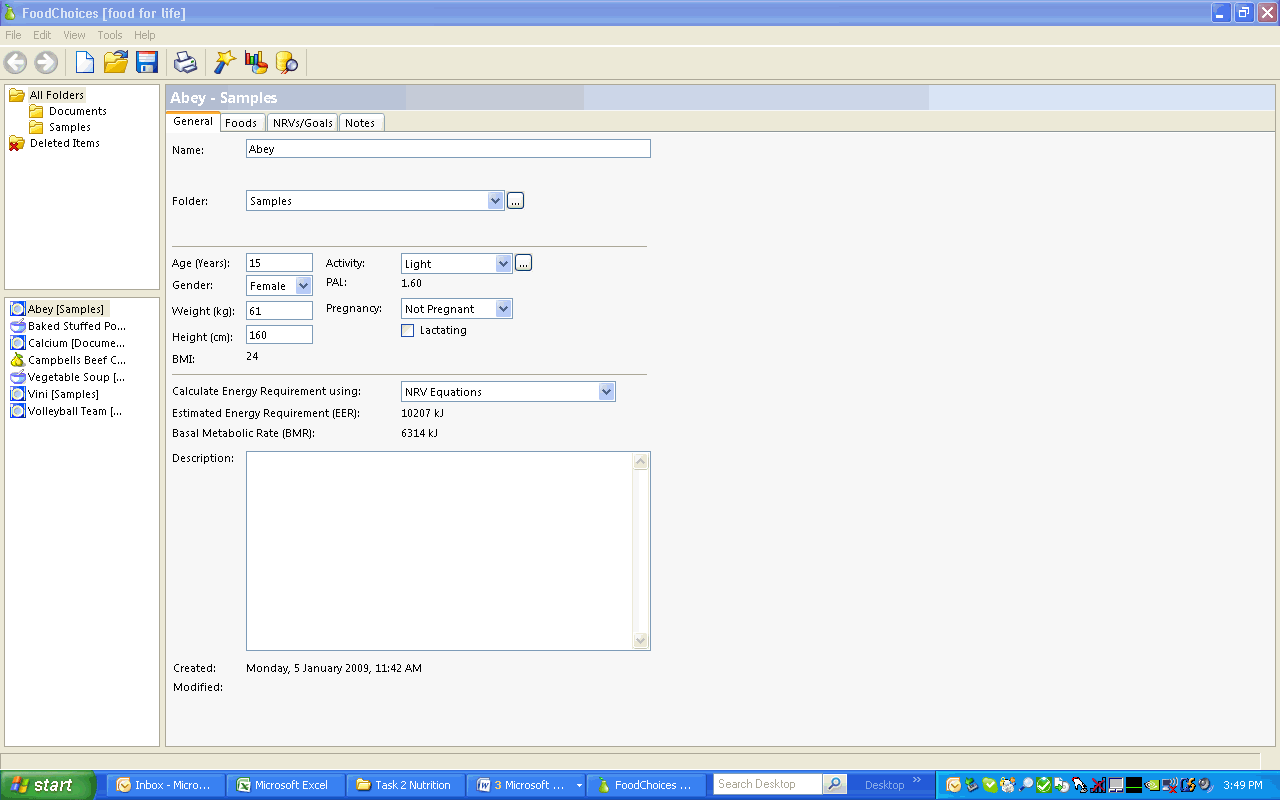
**FoodChoices Guide Sheet – Food Diary**

* Open FoodChoices - Start Menu/Programs/FoodChoices (Pear icon)
* **Create** a new **Food Diary** – save into your P drive or onto a USB

**(NOTE:** to open in the future, you must open FoodChoices first)

* Input the **child’s age (choose 4, 5 or 6 years)**, appropriate activity level, gender, approximate weight & height so FoodChoices can calculate the appropriate nutritional requirements for you.

**THIS MUST BE COMPLETED, OTHERWISE YOU WILL NOT HAVE ANYTHING TO COMPARE YOUR DATA TO!**



This button gives a description of exercise levels, however **light** is the highest I expect you to go (as it overestimates energy requirements).

* Click on the **Foods** tab and enter your menu as **accurate and specific as possible**, for example:
  + **Day** = Ideal Daily Diet
  + **Meal** = Meal name & title (e.g. Breakfast - Cereal with milk & banana)
  + **Food** = foods from database

(search for exact food item as best you can; you can enter recipe ingredients)

* + **Quantity** = enter number then click on chosen amount from database

(if unsure then choose ‘**unsp serve’** - unspecified serve)

* **File / Print** – tick **Foods**, **Analysis Summary**, **EAR, AI & Ratios** for **All Nutrients ONLY** i.e. remove the ticks from all but these (as per picture)

